

Stress and Anxiety: Tips to Support Youth and Family Wellness

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The Stay Well program



Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.



Stay Well Counseling Hotline: 1-888-535-6136, PRESS “8”
Web page: Michigan.gov/StayWell

Agenda

- The pandemic ripple
- Building resilience
- Mental health tools and resources
- Wrap-up



The Pandemic Ripple

2020

- Severe life disruption across domains.
- Unclear roles and boundaries at home and work.
- Parent-educators.
- Health: public v. personal.

Confusion, anger, fear.

2021

- Moderate life disruption.
- Most systems compromised.
- Hybrid learning.
- Blurry boundaries.

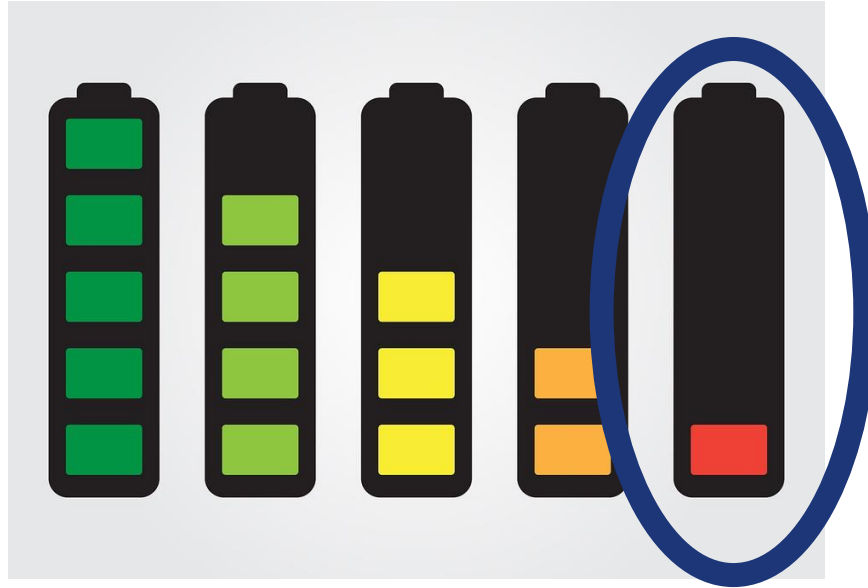
Frustration, restlessness, hopelessness, grief.

2022

- Low level disruptions.
- Academic anxiety.
- Home-work imbalances.
- Teacher shortages.
- Rebuilding community.

Anxiety, depression, fatigue, resilience.

2022



It is *still* okay to not be OK.

Building family resilience

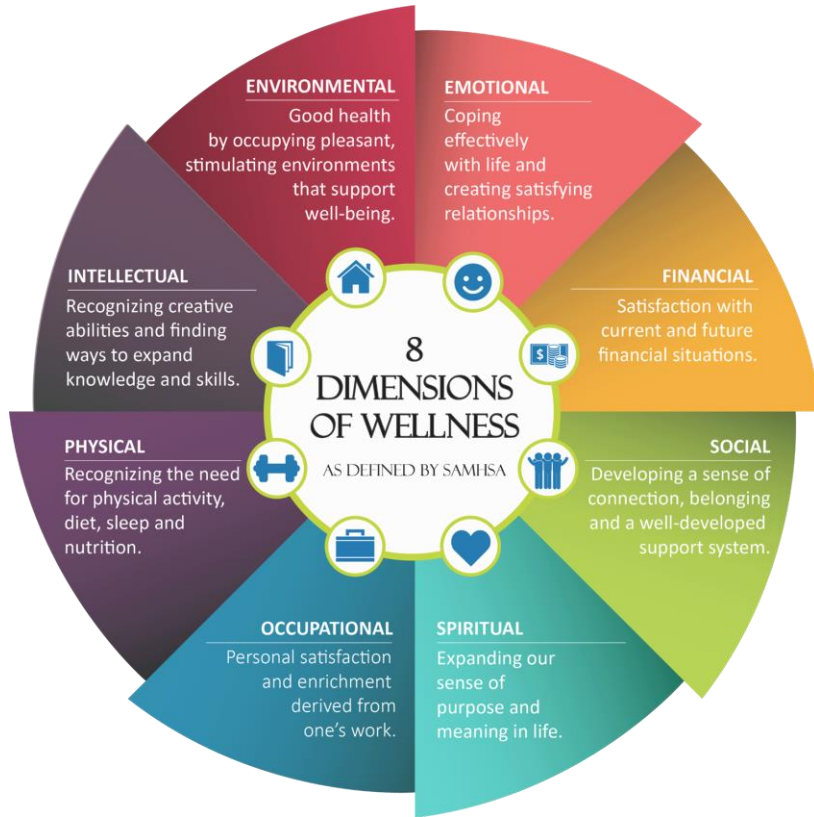
Individual

- Acknowledge and embrace limits.
- Explore holistic balance.
- Utilize your tribe and maintain connections to fill your cup.
- It's okay to ask for help and it's important to model this.
- Establish and Reconnect to your **“Why.”**

Family

- Encourage balance with commitments and schedules.
- Practice growth mindset.
- Normalize asking for help.
- Reconnect often around your **“Why.”**

Wellness: a holistic approach



- Research-based.
- Wellness is both individual and group.
- Caring for the whole child starts with caring for the whole adult.
- Promotes resilience.
- Wellness = many parts in balance.

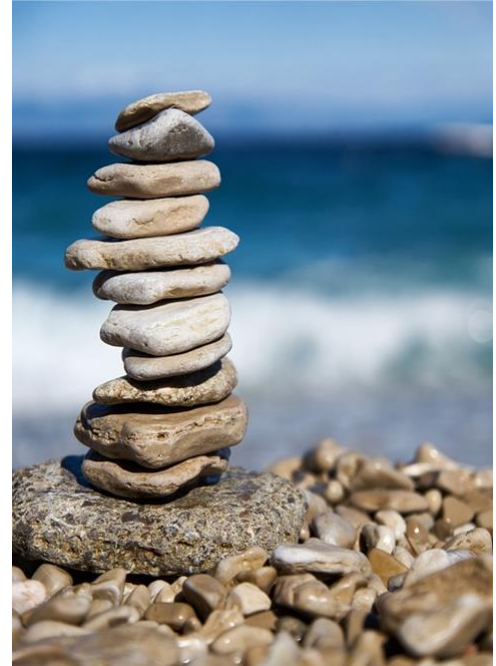
Learn More about the SAMHSA Model

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Encourage, Model and Practice: Balance

- Home and work boundaries.
- Technology, screens, and social media.
- Modeling self-care.
- Sleep hygiene.
- Morning routine.
- Co-regulation with children.
- The power of the pause.



Encourage, Model and Practice: Growth Mindset

Failing forward.

The power of “Yet.”

Distress tolerance.

Progress over perfection.

Great versus good enough.

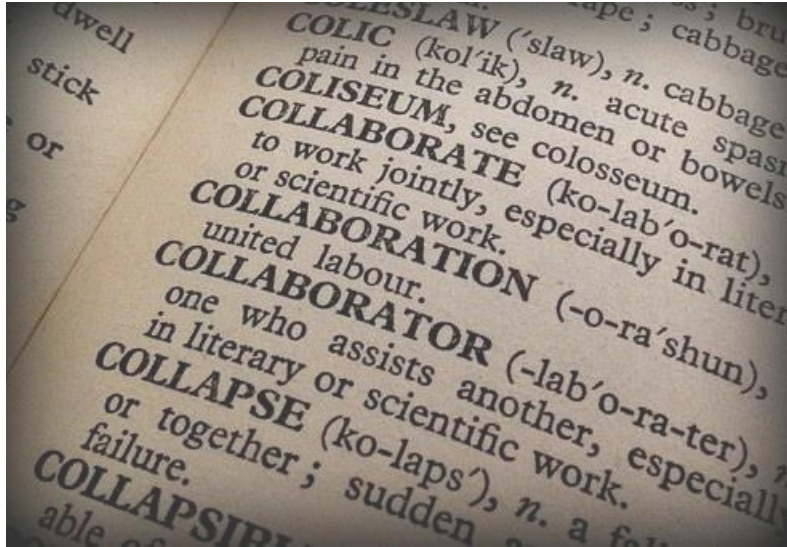
Practice makes permanent.

Moving slow to go fast.

Mantras.



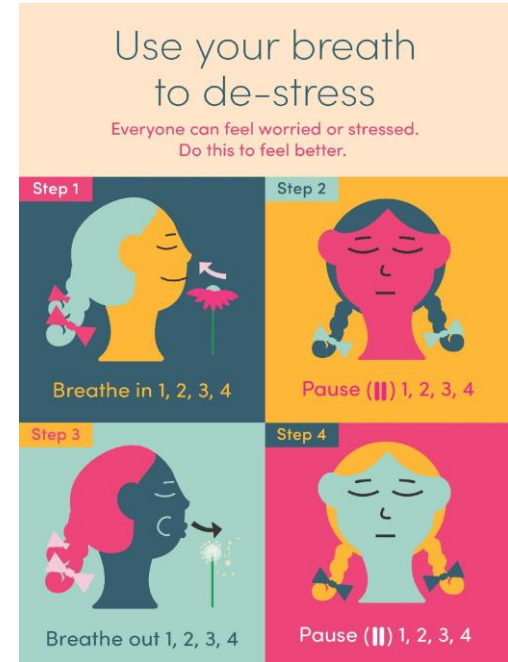
Encourage, Model and Practice: Asking for Help



- Daily check-ins.
- Collaboration vs. correction.
- Verbalize emotions in the home.
- "Feeling with" vs. "feeling at."
- Communication methods.
- Identify trusted supports.
- Practice what you preach

Stay Well: family resources for mental health and wellness

- Stay Well counseling line:
 - For individuals seeking emotional support.
 - For supporting others in emotional distress.
- Website resources:
 - [Virtual Support Groups](#)
 - [Creative Coping](#)
 - [Helping Children Cope with Stress](#)
 - [Tips for Caregivers](#)
 - [Cultivating Joy and T.A.P.](#)
 - [Create Your Calm Materials Order Form](#)
 - [Recorded Webinars](#)
 - [Video Resources](#)



Additional resources for mental health and wellness

- City of Livonia Housing Commission:
 - 5 free mental health counseling sessions for low- and moderate-income Livonia residents. Contact the Cruz Clinic at 734-462-3210.
- Detroit Wayne Integrated Health Network:
 - 24 hour crisis/information and referral: 313-224-7000.
- Hegira Health at the Livonia Counseling Center: 734-744-0170.
- Call the number on the back of your health insurance card.
- Do you have an Employee Assistance Plan?
- [ChildMind.org: Family Resources](https://www.childmind.org)
- Patti Kelly, Parish Social Worker.

Thank You!

